

GENERAL INFORMATION

This course is for physiotherapists.

Course schedule:

Thursday, June 3rd 2010 from 8:30 to 4:30

Friday, June 4th 2010 from 8:30 to 4:30

Saturday, June 5th 2010 from 8:30 to 12:30.

Deadline for registration:

May 7th 2010

Cost:

\$500,00 + GST (\$25.00)+PST (\$39.38)=

\$564.38.

Location:

Physiotherapy School of the University of Montreal, located at 7077 Park Ave., room to be confirmed.

Language:

The course will be given in **English**.

Maximum number of participants: **40**

Cancellation policy:

Before May 7th 2010, full reimbursement.

Between May 8th & May 21st 2010, 50% reimbursement.

After May 21st 2010, no reimbursement.

The **E2 or Upper Quadrant Level II course** is a prerequisite.

Physiothérapie Maheu Killens
1325 Côte Vertu, Bureau 100
St-Laurent, Québec
H4L 1Z1

T. 514.748.0004

F. 514.748.5834



The Shoulder - Level I

June 3rd, 4th and 5th 2010

(2 ½ days)

With

Lyn Watson

Australian physiotherapist

B.App.Sci.Phty., Grad.Dip.Manip.,

M.P.A.A., Sports Physiotherapist

Make your cheque dated May 7th 2010 to:

9212-5061 Québec Inc.

Deadline for registration: May 7th 2010

Send your registration form to:

Physiothérapie Maheu Killens

1325 Côte Vertu, Bureau 100

St-Laurent, Québec

H4L 1Z1

BIOGRAPHY OF LYN WATSON

Lyn Watson is the Chief Physiotherapist and Head of Department of LifeCare Prabran Sports Medicine Centre, Melbourne, Australia. She lectures on the Masters programmes at both Melbourne and Latrobe Universities. For the past twenty years, she has specialized purely in shoulders and maintains a full clinical practice specializing in the diagnosis, treatment and rehabilitation of a wide range of shoulder conditions. She is currently completing her Phd at Latrobe University on Multidirectional Instability and Thoracic Outlet Syndrome.

Lyn has lectured extensively throughout the USA, Canada, Asia, Europe and Australia. She has also conducted extensive clinical research on the frozen shoulder, glenohumeral joint instability, thoracic outlet syndrome, scapula mechanics and assessment and clinical outcome measures. Her research team has developed new, specific assessment techniques for scapular motion and is investigating the effectiveness of new specific treatment regimes for both thoracic outlet syndrome and glenohumeral joint instability, including specialized taping techniques.

COURSE DESCRIPTION

This course offers the opportunity to gain extensive clinical insight into the assessment, diagnosis, treatment and progression of shoulder rehabilitation from a specialist shoulder physiotherapist. The course is based on current research and provides “cutting edge” information as to new treatment techniques that are available as well as evidence based best practices that therapists can integrate. The course will provide the therapist with many mobilisation and taping techniques

that have immediate clinical application. It will also teach a logical assessment strategy for glenohumeral and scapulothoracic mechanics that will form a framework around which the therapist can diagnose specific muscle dysfunctions and select appropriate rehabilitation strategies. The course provides the structure to allow for development of clinical reasoning skills applicable to many shoulder pathologies. It will also explore what is and is not substantiated by research in the common clinical practice both in conservative and surgical treatment of the shoulder.

COURSE CONTENT

Thursday June 3rd 2010 :

Anatomy and biomechanics. Subjective and objective assessment of the glenohumeral and scapulo-thoracic joints (clinically oriented session).

Friday June 4th 2010:

Glenohumeral instability: dislocations, subluxations & translational instability (a detailed look at mechanisms of injury, presentation, assessment and management strategies). Functional rehabilitation for the glenohumeral and scapulothoracic joint. The stiff shoulder (frozen shoulder/localised glenohumeral joint contracture; mobilization techniques).

Saturday June 5th 2010:

Rotator cuff disorders. Taping techniques for the shoulder.

June 3 rd , 4 th & 5 th 2010	The Shoulder - Level I	Montreal
Name: _____	_____ OPPQ or CPA membership number: _____	
Address: _____		
City: _____	Postal Code: _____	E-mail: _____
Workplace: _____		Fax: _____
Telephone (Home): (____) _____ - _____		(Work) (____) _____ - _____
Upper Quadrant level II course (date/teacher): _____		
		E2 Course (date/teacher): _____
		Signature: _____